

Assessing Your Attitudes About Weight and Size Acceptance

The following behavior assessment can be used by anyone who wants to support the health and well-being of fat people. Use the following scale to indicate the frequency of each behavior listed below:

1 = never 2 = rarely 3 = occasionally 4 = frequently 5 = daily

HOW OFTEN DO YOU...?

never....daily

- | 1. make negative comments about your fatness | 1 | 2 | 3 | 4 | 5 |
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| 2. make negative comments about someone else's fatness | 1 | 2 | 3 | 4 | 5 |
| 3. directly or indirectly support the assumption that no one should be fat | 1 | 2 | 3 | 4 | 5 |
| 4. disapprove of fatness (in general) | 1 | 2 | 3 | 4 | 5 |
| 5. say or assume that someone is "looking good" because s/he has lost weight | 1 | 2 | 3 | 4 | 5 |
| 6. say something that presumes that a fat person(s) wants to lose weight | 1 | 2 | 3 | 4 | 5 |
| 7. say something that presumes that fat people should lose weight | 1 | 2 | 3 | 4 | 5 |
| 8. say something that presumes that fat people eat too much or "the wrong foods" | 1 | 2 | 3 | 4 | 5 |
| 9. admire or approve of someone for losing weight | 1 | 2 | 3 | 4 | 5 |
| 10. disapprove of someone for gaining weight | 1 | 2 | 3 | 4 | 5 |
| 11. assume that something is "wrong" when someone gains weight | 1 | 2 | 3 | 4 | 5 |
| 12. admire weight-loss dieting | 1 | 2 | 3 | 4 | 5 |
| 13. admire rigidly controlled eating | 1 | 2 | 3 | 4 | 5 |
| 14. admire compulsive or excessive exercising | 1 | 2 | 3 | 4 | 5 |
| 15. tease or admonish someone about his/her eating (habits or choices) | 1 | 2 | 3 | 4 | 5 |
| 16. criticize someone's eating to a third person ("so-and-so eats way too much junk") | 1 | 2 | 3 | 4 | 5 |
| 17. discuss foods in terms of "good/bad" | 1 | 2 | 3 | 4 | 5 |
| 18. talk about "being good" and "being bad" in reference to eating behavior | 1 | 2 | 3 | 4 | 5 |
| 19. talk about calories (in the usual dieter's fashion) | 1 | 2 | 3 | 4 | 5 |
| 20. say something that presumes being thin is better (or more attractive) than being fat | 1 | 2 | 3 | 4 | 5 |
| 21. comment that you don't wear a certain style because "it makes you look fat" | 1 | 2 | 3 | 4 | 5 |
| 22. comment that you love certain clothing because it "makes you look thin" | 1 | 2 | 3 | 4 | 5 |
| 23. say something that presumes that fatness is unattractive | 1 | 2 | 3 | 4 | 5 |
| 24. participate in a "fat joke" by telling one or laughing/smiling at one | 1 | 2 | 3 | 4 | 5 |
| 25. support the diet industry by buying their services and/or products | 1 | 2 | 3 | 4 | 5 |
| 26. undereat and/or exercise obsessively to maintain an unnaturally low weight | 1 | 2 | 3 | 4 | 5 |
| 27. say something that presumes being fat is unhealthy | 1 | 2 | 3 | 4 | 5 |
| 28. say something that presumes being thin is healthy | 1 | 2 | 3 | 4 | 5 |

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| 29. encourage someone to let go of guilt | 1 | 2 | 3 | 4 | 5 |
| 30. encourage or admire self-acceptance and self-appreciation/love | 1 | 2 | 3 | 4 | 5 |
| 31. encourage someone to feel good about his/her body as is | 1 | 2 | 3 | 4 | 5 |
| 32. openly admire a fat person's appearance | 1 | 2 | 3 | 4 | 5 |
| 33. openly admire a fat person's character, personality, or actions | 1 | 2 | 3 | 4 | 5 |
| 34. oppose/challenge sizeism verbally | 1 | 2 | 3 | 4 | 5 |
| 35. oppose/challenge sizeism in writing | 1 | 2 | 3 | 4 | 5 |
| 36. challenge or voice disapproval of a "fat joke" | 1 | 2 | 3 | 4 | 5 |
| 37. challenge myths about fatness and eating | 1 | 2 | 3 | 4 | 5 |
| 38. compliment ideas, behavior, character, etc. more often than appearance | 1 | 2 | 3 | 4 | 5 |
| 39. support organizations and programs which advance fat acceptance | 1 | 2 | 3 | 4 | 5 |

Behaviors #1-28 are all unhelpful or downright harmful. Look over your answers to isolate areas which need improvement. Strive to avoid these and similar behaviors in the future.

Behaviors #29-38 help support the fat acceptance movement. Re-read items where you marked "never" (1) or "rarely" (2); make a list of realistic goals for increasing supportive behavior.

Developed by Susan Kano, author of *Making Peace With Food* (HarperCollins, 1989). Taken from the National Association to Advance Fat Acceptance's brochure "Supporting the Physical and Emotional Health of Fat People through Personal and Social Change."